

# Goal 4



# Physical Activity

## Challenge Requirements

The opportunity for physical activity must be provided to students in every grade of the school.

## Description

Physical activity must meet or exceed the following criteria:

- Physical education classes or the equivalent must be provided on a regularly scheduled basis each school week during the entire school year.

Activities that count towards the physical activity requirement:

- school walking clubs,
- bike clubs,
- intramural sports,
- walk to school programs.,
- approval of community physical activity programs for academic credit, etc

The objective is to ensure that children are routinely encouraged to be physically active in the school.



### Goldie's Tips

Everything counts! Work closely with the physical education teacher. Our school was awarded a grant to fund a walking club and a community walk was organized to promote our walking club. Our walking club is sustained from funds received from a milk vending machine. Regularly scheduled recesses and recreation district programs are in place to ensure that children have an opportunity to participate in physical activity. National School Lunch Week celebrations are centered around diet & exercise. After school programs offer a spring soccer club as well as physical activity and/or nutrition classes throughout the year.



School Ski Trip



Gooding Community Walk



Complete the Physical Activity Worksheet on page 10 of the application.

## Gooding Gold Award Example

### HealthierUS School Challenge Physical Activity Worksheet *Silver or Gold Criteria*



School Name: Gooding Elementary School

Grades in your school: (circle all that apply) (K) (1) (2) (3) (4) (5) 6 7 8

Grades in which physical education classes are provided: (circle all that apply) (K) (1) (2) (3) (4) (5)

In the chart below list all physical activities offered for each grade and describe.

Grades	Physical Education class offered: (yes or no)	How often is Physical Education offered? How long is each PE class?	Describe any alternate physical activity offered and how often offered. Indicate time allotted for the activity.
K	YES	2-3 times per week 15 minutes each	Walking Club, weekly, 10 minutes 75 Minute recess per week
1	YES	2 times per week 20 minutes each	Mandatory walking club, 23 minutes weekly Walking club at recess, 30 minutes, at lunch recess five times per week. Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
2	YES	2-3 times per week 20 minutes each	Mandatory walking club, 23 minutes weekly Walking club at lunchtime, 5 times per week Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
3	YES	2-3 times per week 25 minutes each	Mandatory walking club, 23 minutes weekly Walking club at recess (lunchtime) 5 times per week Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
4	YES	2-3 times per week 30 minutes each	Mandatory walking club, 23 minutes weekly Walking club - lunch recess, 5 times per week for 30 minutes Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week
5	YES	2-3 times per week 30 minutes each	Mandatory walking club, 23 minutes weekly Walking club available 5 times a week for 30 minutes during lunch recess Recess am & pm-150 minutes per week Recess lunch- 150 minutes per week